

TIME

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the television and turning on the answering machine.)

Work together as a team to get chores done. Turn lemons into lemonade by using "chores" to teach children important life skills and get the jobs done. Demonstrate skills and work alongside children until they master each task. One mother cherishes her time as a child spent drying dishes because it was her opportunity to interact with her mother and sisters. She deliberately put off purchasing a dishwasher so she could continue this tradition with her own children.

Play together. Whether its indoors sitting by a fire, reading books aloud, playing board

games or putting together a puzzle; OR, outdoors involved in summer or winter activities, time spent in recreation provides an excellent opportunity for interaction with family members.

Celebrate special events. Personal observances such as birthdays, as well as, holidays, and vacations are times when family members should be together.

Participate in community activities. Attending activities at school, scouting, or 4-H, as well as, at church events are all ways family members can show support for one another. Volunteering as a family for service projects is yet another way to spend time together.



SALAD

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using balsamic vinegar in combination with wine vinegars to enrich their flavor. (*Vegetarian Cooking for Everyone*, Broadway Books, 1997.)

* *Joy of Cooking* (Simon & Schuster Inc., 1997) recommends distilled white vinegar is best used in pickling, not salad dressings.

5) Thoroughly Mix Oil and Vinegar

For a smoother flavor, thoroughly mix the oil and vinegar. The standard procedure is to whisk the vinegar with the salt, pepper and any mustard, garlic or other seasonings. Then add the oil in a slow steam, whisking constantly, until the dressing is translucent. Or, shake the ingredients together in a small jar with a tight-fitting lid. If not using dressing right away, whisk or shake again before using.

6) Pep up the Pepper

If your dressing calls for black pepper, use freshly ground black pepper. It adds a quick flavor boost that's much better than the taste of pre-ground pepper from a can or jar. Or, place a pepper mill on your table for people to pepper as they please.

7) Sample Dressing on a Salad Leaf

For the truest taste of your dressing, sample a bit on a salad leaf, advises Chef Deborah Madison. For vinaigrette-type dressings, add more oil if it's too tart. Add more acid for extra bite. Adjust other seasonings as needed.

8) Experiment with Bottled Vinaigrettes

Once you make your own dressings, it may be hard to return to purchased salad dressing. You have more control

"Members of strong families have learned it isn't enough to speak of commitment to the family or to plan to show it 'someday.' They must demonstrate that commitment NOW. Nowhere is their commitment more clearly demonstrated than in the amount of time they spend together." (Stinnett & DeFrain, 1985)

Adapted from an article by Becky Versch, Extension Educator, Washington County.

Reference: Stinnett, N. and DeFrain, J. (1985). *Secrets of Strong Families*. Boston: Little, Brown and Company. (LJ)

over the fat, salt and other ingredients, as well as the taste, in homemade dressings. But, it may be worthwhile to find some bottled salad dressings, especially reduced-fat ones, that you enjoy. Then, a healthy salad is never more than a quick toss away, especially if you combine the dressing with bagged "ready-to-eat" salad greens and pre-cut veggies from the deli.

9) Dress Greens Immediately Before Serving

Add dressings to salad greens immediately before serving for best quality and taste.

10) Add Healthy Colors for Eye Appeal

To add pizzazz to your salad dressing, serve it on an eye-appealing palette of fruits and vegetables.

PLANNING

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the Wahoo and Lincoln newspapers. The committee held an Open House at James Arthur Vineyards to present the project, and two public participation sessions, one in Davey and one in Lincoln, respectively.

The purpose of the second phase, collaborative planning, is to identify common goals and objectives and to develop a plan for the watershed. Phase Two began on June 19 with a meeting to disseminate the Phase One report. Although there were several divergent views pre-

sented, the majority view expressed was for keeping the rural landscape, for balanced development along the watershed, and to protect the saline marshes.

Several landowners present at the meeting expressed strong concerns about the group's agenda, the need for more landowner participation, and distrust of government takings. The participants agreed everyone's views must be considered, and the discussion should continue for proactive participatory planning to develop

a final consensus plan.

The next meeting is scheduled at Raymond Central School on July 23, 2001, 3:30 to 5 p.m. Discussion will focus on formalizing the group, identifying funding sources for a potential staff person, and methods for communicating with stakeholders. The public is invited to participate. For more information, please contact the project consultant, Emilia Gonzalez-Clements, at 402-465-5115. (GB)

PREVENTION

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training session. In its five years of existence, the program has assisted 223 Nebraska businesses who could save \$2.8 million each year if all of the intern recommendations are followed.

Pollution prevention is not exclusively for businesses, but can also be applied to homes. It is a proactive approach because it eliminates the need for treatment by not generating the

waste to begin with. Here are several things each person can do to reduce the amount of waste produced by their household or place of employment.

- Replace incandescent bulbs with energy efficient compact fluorescent bulbs.
- Avoid buying products with excessive packaging.
- Use both sides of paper whenever possible.
- Compost yard and/or food

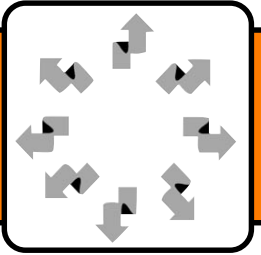
waste.

• Purchase products that can be reused multiple times (cloth napkins and towels).

• Shop with cloth shopping bags.

For more information about the program, contact Sarah Anderson at (402) 441-7180 or visit the program's website at <http://www.ianr.unl.edu/p3/index.html>. (SA)

Miscellaneous



BLUE

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shady areas. The leaves are heart shaped and the flowers are light blue. It will grow from 12 to 15 inches high with a 15 inch spread. Brunnera is cold hardy in USDA zones 3 to 8.

Crested Iris (*Iris cristata*)

This little iris is native to North America. It prefers part shade and well drained soil. Clumps of crested iris grow three to six inches tall. Crested iris is cold hardy in USDA zones 3 to 8.

Balloon flower (*Platycodon grandiflorus*) This reliable perennial emerges in late spring

and blooms all summer. Bell-shaped flowers open from balloon-shaped buds. It grows best in moist well drained soil. Plants reach a mature height of about two feet.

Other blue flowering plants include monkshood (*Aconitum napellus*), bugloss (*Anchusa azurea*), blue false indigo (*Baptisia australis*), bellflower (*Campanula* spp.), delphinium (*Delphinium elatum*), gentian (*Gentiana* spp.), Stokes' aster (*Stokesia laevis*) and Veronica (*Veronica* spp.). (MJF)



SELF-CARE

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stand the consequences of not following them. Be sure to post a phone list that includes emergency phone numbers, parental work numbers, and the numbers of neighbors who can be contacted in the event of a problem. It is also helpful to prepare a daily schedule for the week. Include times of special events, appointments, practices, etc., chores for the day, and any other relevant activity. Circle in red anything that may be a major change. Include mom, dad, or

other family members in the schedule. Post the schedule in a central place.

Finally, encourage cooperation by praising your child for accomplishing tasks they have been assigned and following the rules. Compliments and encouragement are important for continued positive results. A child who has tried his best and is ignored or scolded for a minor shortcoming may feel worthless and that it is useless to even try any more.



DROUGHT

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people can ensure water is used effectively. First, water lawns between 4 and 10 a.m. to reduce evaporation. Don't remove grass clippings after mowing because they hold vital moisture and nutrients. Keep mower blades sharp; dull blades rip the turf and the grass will need 40 to 60 percent more water to repair itself. Aerate

lawns this fall to allow water to soak deeper and to promote root growth.

For more information, consult NebGuide G99-1400-A, "Watering Nebraska Landscapes: When and How Much?" available at your local cooperative extension office or online at <http://www.ianr.unl.edu/pubs/horticulture/g1400.htm>. (DJ)



YOUTH

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example:

I think kids in high school are too young to have sex, especially given today's risks.

Whenever you do have sex, always use protection against pregnancy and sexually transmitted diseases until you are ready to have a child.

Our family's religion says sex should be an expression of love within marriage.

Finding yourself in a sexually charged situation is not unusual; you need to think about how you'll handle it in advance. Have a plan. Will you say "no?" Will you use contraception? How will you negotiate all of this?

It's okay to think about sex and feel sexual desire. Everybody does! But it's not okay to get pregnant or get somebody pregnant as a teenager.

One of the many reasons I'm concerned about teens drinking is

it often leads to unprotected sex.

(For boys) Having a baby doesn't make your a man. Being able to wait and acting responsibly does.

(For girls) You don't have to have sex to keep a boyfriend. If sex is the price of a close relationship, find someone else.

Research clearly shows talking with your children about sex does not encourage them to become sexually active. Remember your own behavior should match your words. The "do as I say, not as I do" approach is bound to lose with children and teenagers who are careful and constant observers of the adults in their lives.

Reference: The National Campaign to Prevent Teen Pregnancy (1998). *Ten Tips for Parents to Help Their Children Avoid Teen Pregnancy*.